

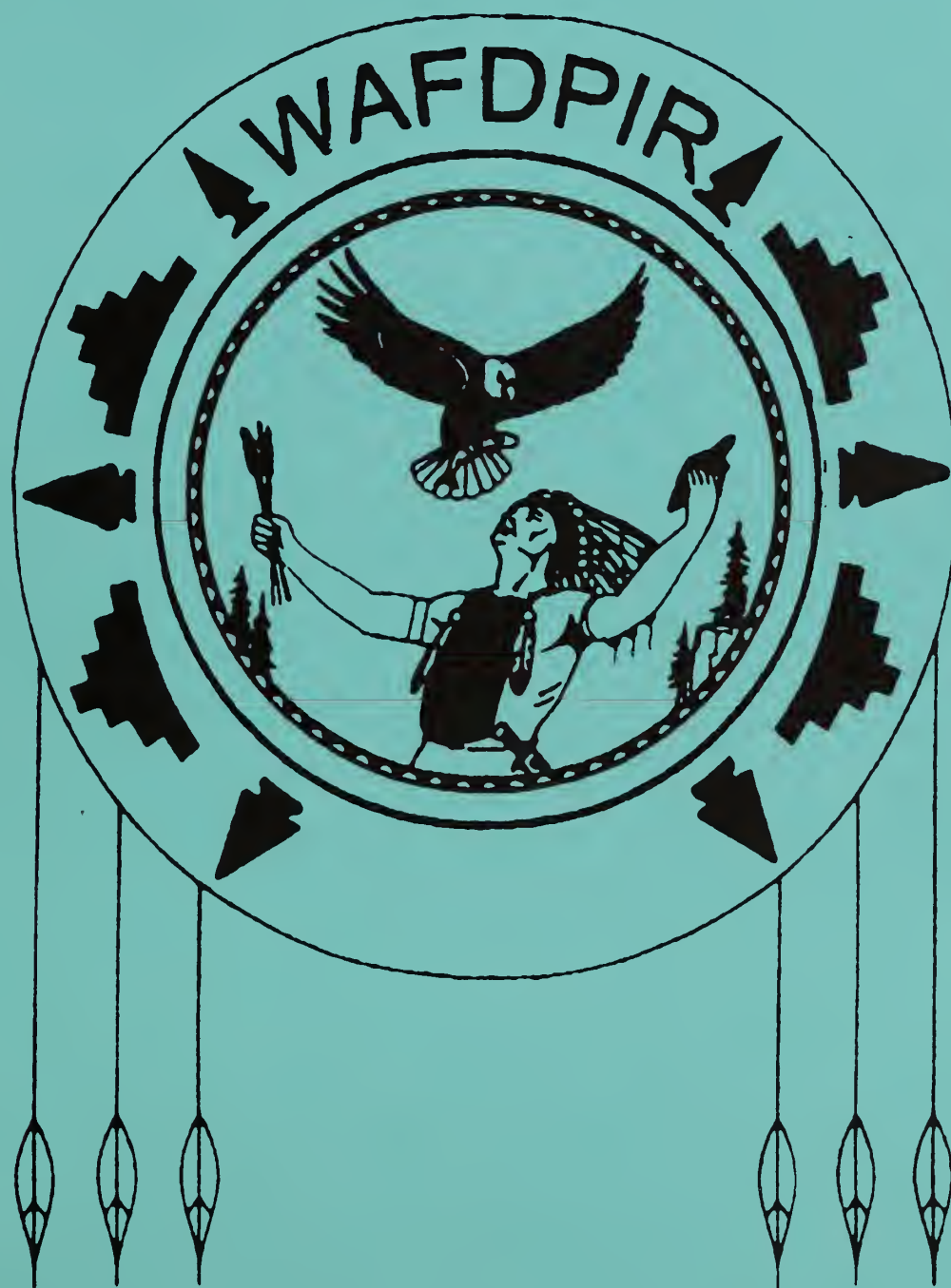
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# COMMODITY COOKING FOR GOOD HEALTH



**U.S. DEPARTMENT OF AGRICULTURE  
FOOD AND NUTRITION SERVICE**





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# Food Guide Pyramid

## A Guide to Daily Food Choices

Fats, Oils, & Sweets  
**USE SPARINGLY**

### KEY

◻ Fat (naturally occurring and added)

◼ Sugars (added)

These symbols show that fat and added sugars come mostly from fats, oils, and sweets, but can be part of or added to foods from the other food groups as well.

Milk, Yogurt, & Cheese Group  
**2-3 SERVINGS**

Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group  
**2-3 SERVINGS**

Vegetable Group  
**3-5 SERVINGS**

Fruit Group  
**2-4 SERVINGS**

Bread, Cereal, Rice, & Pasta Group  
**6-11 SERVINGS**

SOURCE: U.S. Department of Agriculture/U.S. Department of Health and Human Services

Use the Food Guide Pyramid to help you eat better every day. . .the Dietary Guidelines way. Start with plenty of Breads, Cereals, Rice, and Pasta; Vegetables; and Fruits. Add two to three servings from the Milk group and two to three servings from the Meat group.

Each of these food groups provides some, but not all, of the nutrients you need. No one food group is more important than another — for good health you need them all. Go easy on fats, oils, and sweets, the foods in the small tip of the Pyramid.





# How to Use The Daily Food Guide

## What counts as one serving?

### Breads, Cereals, Rice, and Pasta

1 slice of bread  
1/2 cup of cooked rice or pasta  
1/2 cup of cooked cereal  
1 ounce of ready-to-eat cereal

### Vegetables

1/2 cup of chopped raw or cooked vegetables  
1 cup of leafy raw vegetables

### Fruits

1 piece of fruit or melon wedge  
3/4 cup of juice  
1/2 cup of canned fruit  
1/4 cup of dried fruit

### Milk, Yogurt, and Cheese

1 cup of milk or yogurt  
1-1/2 to 2 ounces of cheese

### Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts

2-1/2 to 3 ounces of cooked lean meat, poultry, or fish  
Count 1/2 cup of cooked beans, or 1 egg, or 2 tablespoons of peanut butter as 1 ounce of lean meat (about 1/3 serving)

### Fats, Oils, and Sweets

LIMIT CALORIES FROM THESE especially if you need to lose weight

The amount you eat may be more than one serving. For example, a dinner portion of spaghetti would count as two or three servings of pasta.

## How many servings do you need each day?

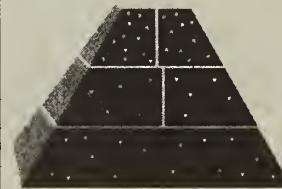
	Women & some older adults	Children, teen girls, active women, most men	Teen boys & active men
Calorie level*	about 1,600	about 2,200	about 2,800
Bread group	6	9	11
Vegetable group	3	4	5
Fruit group	2	3	4
Milk group	**2-3	**2-3	**2-3
Meat group	2, for a total of 5 ounces	2, for a total of 6 ounces	3 for a total of 7 ounces

\*These are the calorie levels if you choose lowfat, lean foods from the 5 major food groups and use foods from the fats, oils, and sweets group sparingly.

\*\*Women who are pregnant or breastfeeding, teenagers, and young adults to age 24 need 3 servings.

## A Closer Look at Fat and Added Sugars

The small tip of the Pyramid shows fats, oils, and sweets. These are foods such as salad dressings, cream, butter, margarine, sugars, soft drinks, candies, and sweet desserts. Alcoholic beverages are also part of this group. These foods provide calories but few vitamins and minerals. Most people should go easy on foods from this group.



Some fat or sugar symbols are shown in the other food groups. That's to remind you that some foods in these groups can also be high in fat and added sugars, such as cheese or ice cream from the milk group, or french fries from the vegetable group. When choosing foods for a healthful diet, consider the fat and added sugars in your choices from all the food groups, not just fats, oils, and sweets from the Pyramid tip.





## HOW DO USDA COMMODITIES FIT THE USDA FOOD PYRAMID ?

The USDA Food Guide Pyramid contains five food groups plus the fats, oils and sweets group. The Food Distribution Program's commodity package includes high quality foods from all of the food groups. The USDA Food Guide Pyramid is an outline of what to eat each day. These charts show how the USDA commodities fit the Pyramid. It's good to eat a variety of the foods within each group, and to eat less fat. For good health, we need foods from all of the food groups.

### FATS, OILS, & SWEET GROUP (USE SPARINGLY)

Vegetable Shortening  
Vegetable Oil  
Butter  
Corn Syrup  
Honey

### MILK, YOGURT, & CHEESE GROUP (2 - 3 SERVINGS PER DAY)

Evaporated Milk  
Non-fat Dry Milk  
Process Cheese

### MEAT, POULTRY, FISH, DRY BEANS, EGGS, & NUTS GROUP (2 - 3 SERVINGS PER DAY)

Beef  
Pork  
Meatball Stew  
Luncheon Meat  
Chicken  
Tuna  
Salmon  
Dry Bean (Pinto, Kidney, Great northern, Lentils, Split Peas)  
Vegetarian Beans  
Egg Mix  
Peanut Butter  
Roasted Peanuts



**VEGETABLE GROUP     (3 - 5 SERVINGS PER DAY)**

Whole Kernel Corn  
Cream Style Corn  
Green Beans  
Carrots  
Green Peas  
Spinach  
Sweet Potatoes  
Potatoes  
Tomatoes  
Tomato Sauce  
Dehydrated Potatoes  
Tomato Juice

**FRUIT GROUP     (2 - 4 SERVINGS PER DAY)**

Applesauce  
Pears  
Peaches  
Fruit Cocktail  
Plums  
Pineapple  
Apple Juice  
Grape Juice  
Orange Juice  
Grapefruit Juice  
Pineapple Juice  
Raisins  
Prunes

**BREAD, CEREAL, RICE, & PASTA GROUP     (6 - 11 SERVINGS PER DAY)**

Flour (All-Purpose, Bread, and Whole Wheat)  
Bakery Mix  
Rolled Oats  
Rolled Wheat  
Farina  
Cornmeal  
Macaroni  
Spaghetti  
Rice  
Corn Cereal  
Rice Cereal  
Wheat Cereal

## REDUCING FAT AND CALORIES IN YOUR COMMODITY CHOICES

### MEAT GROUP -

Choose tuna or chicken over beef, pork, stew or lunchmeat. Remove fat.

### MILK GROUP -

Choose non-fat dry milk over evaporated whole milk.

### FRUIT GROUP -

Drain syrup from fruit before eating.

### FAT GROUP -

Choose vegetable oil over butter or shortening.

### DRIED FRUIT GROUP -

Choose prunes over raisins.

### VEGETABLE GROUP -

Choose tomatoes, green beans, spinach, over corn or potatoes.

### JUICE GROUP -

Choose tomato juice over grape, apple, pineapple or orange juice.





## Herbed Tomato Soup

*Serves 4*

Prep :10

Cook :30

Stand :00

Total :40

Easy

3 cups tomato juice  
 1 teaspoon dried basil  
 1/2 teaspoon dried thyme  
 1/8 teaspoon pepper  
 1 cube beef flavored bouillon  
 1/2 teaspoon sugar  
 1 cup water  
 fresh chives, chopped, optional

In a saucepan, combine tomato juice, bouillon cube, basil, sugar, thyme, water, and pepper.

Bring to a boil and reduce heat. Simmer, uncovered, about 20 minutes.

Garnish with chives.

Add finely chopped raw vegetables - like celery, onion, green pepper, etc. Can also use leftover cooked vegetables or canned vegetables or cooked rice.

### Nutrition (per serving):

**43 calories**

SATURATED FAT	0.0g	
TOTAL FAT	0.2g	4% calories from total fat
PROTEIN	1.6g	15% calories from protein
CARBOHYDRATES	8.7g	81% calories from carbohydrates
CHOLESTEROL	0mg	
SODIUM	866mg	
FIBER	1g	
IRON	1mg	
VITAMIN A	1044IU	
VITAMIN C	33mg	
ALCOHOL	0 g	

Source: Commodity Cooking - USDA



## Chicken or Rabbit Soup

*Serves 6*

Prep :15

Cook :45

Stand :00

Total 1:00

Easy

- 12 ounces commodity chicken, or 3 hind qtrs. rabbit, deboned
- 6 cups water
- 1 16 oz. can canned tomatoes
- 1 16 oz. can whole kernel corn, drained
- 1 16 oz. can canned green beans, drained
- 1/3 cup rice
- 1 - 2 cubes chicken bouillon

If using rabbit, boil meat in water in large pot, until done or forms broth. Add chicken flavoring if needed, to taste. If using commodity chicken, there is no need to pre-cook meat before adding the other ingredients.

Add corn, green beans to the chicken or rabbit. Cut tomatoes into small pieces and add to pot. Stir in rice, and cook on medium to low heat until rice is tender and done.

Variations: Substitute egg noodles for rice; add noodles to desired thickness.

### Nutrition (per serving):

**235 calories**

SATURATED FAT	.2g	
TOTAL FAT	5.5g	21% calories from total fat
PROTEIN	16.3g	28% calories from protein
CARBOHYDRATES	30.1g	51% calories from carbohydrates
CHOLESTEROL	0mg	
SODIUM	751mg	
FIBER	2g	
IRON	3mg	
VITAMIN A	973IU	
VITAMIN C	23mg	
ALCOHOL	0g	



Source: Debra Putnam, Riverside-San Bernardino



# Get Well Soup

*Serves 15*

Prep :15

Cook 1:30

Stand :00

Total 1:45

Easy

- 1 28 oz. can commodity beef, or 1 lb. stew meat, or 1 can of commodity chicken
- 1 16 oz. can canned carrots
- 2 16 oz. cans small whole potatoes, or 4 medium size potatoes
- 1 16 oz. can canned green beans, rinsed and drained
- 1 16 oz. can whole kernel corn, rinsed and drained
- 1 16 oz. can canned peas, rinsed and drained
- 1 16 oz. can canned tomatoes, well chopped
- 1 14 oz. can canned tomato sauce
- 1/2 head cabbage, chopped
- 2 each green bell peppers, or hot peppers, chopped
- 1 each onion, chopped
- 2 stalks celery, chopped
- 1 tablespoon chili powder
- salt and pepper

If using commodity beef, remove fat cap before putting this recipe together. If using stew meat, cook meat until tender. Add onions, celery, peppers, carrots, potatoes, tomatoes and tomato sauce. Let simmer at least an hour then add chopped cabbage and chili powder. Cook until cabbage is done or 25 to 30 minutes. Serve with corn bread muffins or french bread.

## Nutrition (per serving):

**269 calories**

SATURATED FAT	.1g	
TOTAL FAT	7.5g	25 % calories from total fat
PROTEIN	16.0g	24 % calories from protein
CARBOHYDRATES	34.3g	51 % calories from carbohydrates
CHOLESTEROL	0mg	
SODIUM	703mg	
FIBER	3g	
IRON	4mg	
VITAMIN A	5270IU	
VITAMIN C	49mg	
ALCOHOL	0g	

Source: Madeline Hawkins, Sherwood Valley





# Pasta Hearty Soup

*Serves 12*

Prep :30

Cook :40

Stand :00

Total 1:10

Easy

- 1 28 oz. can commodity beef
- 1 16 oz. can vegetarian beans
- 1 16 oz. can canned carrots
- 1 16 oz. can canned corn
- 1 16 oz. can canned green beans
- 2 16 oz. cans canned tomatoes, cut up
- 2 16 oz. cans whole potatoes, cut up
- 1 each onion, chopped
- 4 stalked celery, chopped
- 2 each small whole potatoes, diced
- 1 teaspoon garlic powder
- 3 tablespoons Italian seasoning
- 1 teaspoons pepper
- 8 cups water
- 2 cups macaroni

Empty all of the canned items into a large pot, DO NOT DRAIN any of them.

Add all of the remaining ingredients to the pot except for the macaroni, and simmer for 1/2 hour.

Stir in the macaroni and continue cooking until macaroni is tender, stirring often.

Note: If you like a thicker soup, add some instant mashed potatoes.

## Nutrition (per serving):

**415 calories**

SATURATED FAT	.2g	
TOTAL FAT	9.8g	21 % calories from total fat
PROTEIN	23.1g	22 % calories from protein
CARBOHYDRATES	58.6g	56 % calories from carbohydrates
CHOLESTEROL	0mg	
SODIUM	861mg	
FIBER	3g	
IRON	7mg	
VITAMIN A	5964IU	
VITAMIN C	33mg	
ALCOHOL	0g	

Source: Jeanne Orcutt, Hoopa



## Spinach and Potato Soup

*Serves 6*

Prep :20

Cook :20

Stand :00

Total :40

Easy

- 1/4 cup margarine or butter
- 1 each small onion, chopped
- 3 cups milk, made from nonfat dry milk powder
- 1 cup water
- 1 16 oz. can small whole potatoes, drained
- 1/2 16 oz. can spinach, drained
- 1 cup dehydrated mashed potato flakes
- 1/4 teaspoon pepper

Cook onion in margarine or butter at medium heat in a large saucepan until soft. Add milk and water to onion. Heat mixture until it is hot.

Rinse both canned vegetables with water and drain again.

Chop potatoes and spinach.

Add instant potato flakes, chopped potatoes and spinach and pepper to milk mixture. Simmer together 10 minutes before serving.

### Nutrition (per serving):

**310 calories**

SATURATED FAT	3.9g
TOTAL FAT	12.0
PROTEIN	8.7g
CARBOHYDRATES	41.7g
CHOLESTEROL	17mg
SODIUM	206mg
FIBER	1g
IRON	2mg
VITAMIN A	3005IU
VITAMIN C	40mg
ALCOHOL	0g

35 % calories from total fat\*

11 % calories from protein

54 % calories from carbohydrates

\* For a lowfat meal, serve this soup with a generous slice of whole wheat bread.

Source: Dorothy Peters, SCTCA



## Brown Rice and Lentil Stew

*Serves 4*

Prep :15

Cook 1:00

Stand :00

Total 1:15

Easy

- 3/4 cup brown rice, uncooked**
- 1/2 cup dried lentils, rinsed**
- 1/2 cup chopped onions**
- 1/2 cup sliced celery**
- 1/2 cup sliced carrots**
- 1/4 cup snipped fresh parsley**
- 1 teaspoon Italian seasoning**
- 1 minced garlic clove**
- 1 bay leaf**
- 2 1/2 cups chicken broth**
- 15 ounces canned tomatoes, peeled, chopped**
- 1 tablespoon cider vinegar**

Combine all ingredients in Dutch oven or large saucepan; bring to a boil. Reduce heat and simmer, uncovered, stirring occasionally, for 55 minutes to 1 hour, or until rice is tender. Remove and discard bay leaf.

### Nutrition (per serving):

**272 calories**

SATURATED FAT	0.5g	
TOTAL FAT	2.3g	8% calories from total fat
PROTEIN	12.0g	18% calories from protein
CARBOHYDRATES	50.8g	75% calories from carbohydrates
CHOLESTEROL	0mg	
SODIUM	1105mg	
FIBER	3g	
IRON	4mg	
VITAMIN A	4796IU	
VITAMIN C	25mg	
ALCOHOL	0g	

Source: USA Rice Council





## One-Pan Macaroni & Cheese

*Serves 6*

Prep :10

Cook :15

Stand :07

Total :32

Easy

6 cups water  
1 teaspoon salt  
2/3 teaspoon instant nonfat dry milk  
1 teaspoon vegetable oil  
2 cups elbow macaroni, uncooked  
1 1/2 cups cheese, shredded

In large pot bring water, oil, and salt to boil.

Stir in macaroni, turn heat to low, and simmer 10-14 minutes until tender.

Drain off all but 2/3 cup cooking water.

Mix 2/3 cup cooking water and dry milk together in a small bowl, then add back to drained macaroni.

Add cheese to macaroni, stir and cook slowly until cheese is melted.

Remove pan from heat and let stand 5-7 minutes to allow cheese sauce to thicken.

### Nutrition (per serving):

**269 calories**

SATURATED FAT	6.1g	
TOTAL FAT	10.7g	39% calories from total fat*
PROTEIN	11.6g	19% calories from protein
CARBOHYDRATES	26.7g	43% calories from carbohydrates
CHOLESTEROL	30mg	
SODIUM	575mg	
FIBER	0g	
IRON	2mg	
VITAMIN A	306IU	
VITAMIN C	0mg	
ALCOHOL	0g	

\* For a lowfat meal, serve with a tossed salad or steamed vegetables.

Source: SPIPA Cookbook



## Creamed Tuna

*Serves 2*

Prep :15

Cook :15

Stand :00

Total :30

Easy

- 1      **tablespoon margarine**
- 1      **teaspoon onions, finely chopped**
- 1 1/2 **tablespoons flour**
- dash pepper**
- 2/3    **cup instant nonfat dry milk, reconstituted**
- 4      **ounces light tuna in water, drained**
- 1      **teaspoon parsley, chopped**
- 1/4    **cup mock sour cream**

Melt margarine in a saucepan; add onion and cook until tender. Blend in flour, and pepper. Add milk all at once; cook quickly, stirring constantly, until mixture thickens. Stir about 1/2 cup of the hot milk mixture into the mock sour cream and mix thoroughly; return to milk mixture in saucepan. Add tuna and parsley. Heat through. Serve over hot toast.

- MOCK SOUR CREAM:**
- 1      cup nonfat dry milk
  - 1/2    cup warm water
  - 1      tablespoon vinegar

Mix all ingredients until smooth. Chill in refrigerator until thickened. Store in covered container in refrigerator.

### Nutrition (per serving):

**147 calories**

SATURATED FAT	1.1g	
TOTAL FAT	6.1g	37% calories from total fat*
PROTEIN	17.7g	48% calories from protein
CARBOHYDRATES	5.4g	15% calories from carbohydrates
CHOLESTEROL	10mg	
SODIUM	273mg	* For a lowfat meal, serve
FIBER	0g	over toast, rice or macaroni.
IRON	2mg	
VITAMIN A	341IU	
VITAMIN C	0mg	
ALCOHOL	0 g	

Source: Commodity Cooking - USDA



## Tuna-Rice Casserole

*Serves 4*

Prep :10

Cook 1:00

Stand :10

Total 1:20

Easy

- 1 6 oz. can light tuna in water, drained
- 1/2 cup rice, uncooked
- 1 10 oz. can cond. cream of mushroom soup
- 1 10 oz. can cond. cream of chicken soup
- 1 cup canned peas, drained
- 1/2 cup corn flake crumbs

Combine tuna, rice, soups, and peas in a baking dish. Top with corn flake crumbs. Bake at 350 degree oven for 1 hour.

### Nutrition (per serving):

**338 calories**

SATURATED FAT	2.8g	
TOTAL FAT	10.1g	27% calories from total fat
PROTEIN	20.4g	24% calories from protein
CARBOHYDRATES	41.4g	49% calories from carbohydrates
CHOLESTEROL	14 mg	
SODIUM	1463mg*	* To reduce the high sodium content, use low sodium soups available in grocery stores.
FIBER	2g	
IRON	4mg	
VITAMIN A	1018IU	
VITAMIN C	9mg	
ALCOHOL	0g	

Source: SPIPA Cookbook





## Beef with Rice

*Serves 8*

Prep :20

Cook :20

Stand :00

Total :40

Easy

- 1 28 oz. can commodity beef, or chicken
- 1 16 oz. can canned tomatoes, chopped
- 1 16 oz. can canned corn, drained
- 1 16 oz. can canned green beans, drained
- 1/2 each onion, chopped
- pepper, to taste
- garlic, minced, for flavor
- 2 cups rice
- water for rice, according to package direction

Cook up rice according to package directions. Set aside. Remove the fat cap from the meat and drain. Mix all other ingredients together in a large saucepan and simmer for about 20 minutes, until heated through. Pour mixture over the rice.

### Nutrition (per serving):

**437 calories**

SATURATED FAT	.2g	
TOTAL FAT	13.6g	28% calories from total fat
PROTEIN	25.5g	23% calories from protein
CARBOHYDRATES	53.3g	49% calories from carbohydrates
CHOLESTEROL	0mg	
SODIUM	815mg	
FIBER	1g	
IRON	7mg	
VITAMIN A	620IU	
VITAMIN C	16mg	
ALCOHOL	0g	

Source: Josie Briseno, SCTCA



## Quick Baked Beans

*Serves 6*

Prep :10

Cook 1:30

Stand :00

Total 1:40

Easy

3 cups vegetarian beans  
 1/4 cup molasses  
 1/2 cup ketchup  
 3/4 cup brown sugar  
 2 tablespoons mustard  
 1/2 each onion, chopped

Preheat oven to 350 degrees.

Mix all ingredients together. Place in baking dish, cover and bake for 1-1/2 to 2 hours

### Nutrition (per serving):

**123 calories**

SATURATED FAT	0.0g	
TOTAL FAT	0.3g	2 % calories from total fat
PROTEIN	0.7g	2 % calories from protein
CARBOHYDRATES	29.2g	95 % calories from carbohydrates
CHOLESTEROL	0 mg	
SODIUM	318mg	
FIBER	0g	
IRON	3mg	
VITAMIN A	203IU	
VITAMIN C	4mg	
ALCOHOL	0 g	

Source: Wanda Alanis, CAPECO



## Spicy Chili Beans

*Serves 6*

Prep :20

Cook 4:00

Stand :00

Total 4:20

Easy

- 2 cup red kidney beans
- 5 cups water
- 2 each yellow onions, chopped
- 1 each large green pepper, chopped
- 2 stalks celery, chopped
- 3 cloves garlic, crushed
- 1 cup canned tomato sauce
- 1 16 oz. can canned tomatoes
- 4 tablespoons chili powder
- 2 teaspoons cumin powder
- 1/4 teaspoon crushed red pepper
- 1/8 teaspoon cayenne pepper

Place the beans and water in a large pot. Bring to boil, cover, reduce heat and simmer for 2 hours. add the remaining ingredients and cook an additional 2 hours.

Comment: Serve over steamed rice with salsa.

Note: Canned beans CANNOT be used in this recipe; the cooking liquid from the dry beans makes broth that forms the base for the chili. If you soak the beans overnight you can cut the time in half. Freeze any leftover chili for a fast meal later.

### Nutrition (per serving):

124 calories

SATURATED FAT	.1g	
TOTAL FAT	1.5g	9% calories from total fat
PROTEIN	6.0g	17% calories from protein
CARBOHYDRATES	26.2g	74% calories from carbohydrates
CHOLESTEROL	0mg	
SODIUM	604mg	
FIBER	3g	
IRON	3mg	
VITAMIN A	3283IU	
VITAMIN C	58mg	
ALCOHOL	0g	

Source: Monica Reading, SCTCA





## Mesa Grande Baked Potatoes

*Serves 8*

Prep :30

Cook :15

Stand :00

Total :45

Easy

- 1 1/3 cups water, hot
- 1/3 cup evaporated milk
- 2 tablespoons butter
- salt and pepper
- 1 1/2 cups dehydrated mashed potato flakes
- 1/2 envelope onion soup mix
- 1/4 cup cheese, shredded
- 1 1/2 cups corn flakes, coarsely crushed
- 1 egg, beaten, or powdered egg reconstituted

Prepare instant mashed potatoes according to directions including butter and salt and pepper to taste. Add onion soup mix and cheese. Mix well. Shape mixture into 10 balls (meatball size). dip in beaten egg; roll in corn flakes. Place on lightly greased baking sheet and bake in 400 degree oven for 10-15 minutes or till hot and crisp.

Note: If you want to get fancy you can add green onions and 1/2 of 3 oz. cream cheese pkg.

### Nutrition (per serving):

**178 calories**

SATURATED FAT	3.3g	
TOTAL FAT	5.7g	29% calories from total fat
PROTEIN	5.1g	11% calories from protein
CARBOHYDRATES	26.4g	59% calories from carbohydrates
CHOLESTEROL	41mg	
SODIUM	428mg	
FIBER	0g	
IRON	1mg	
VITAMIN A	501IU	
VITAMIN C	23mg	
ALCOHOL	0g	

Source: Roberta LaChusa, SCTCA



## Marinated Green Bean Salad

*Serves 2*

Prep :10

Cook :00

Stand :20

Total :30

Easy

2      tablespoons onions, finely chopped  
1      tablespoon vinegar  
1      teaspoon vegetable oil  
dash salt and pepper  
1      cup canned green beans, drained

Mix onion, vinegar, oil, salt and pepper. Pour over beans, stir to mix. Chill before serving.

### Nutrition (per serving):

**56 calories**

SATURATED FAT	.3g	
TOTAL FAT	2.4g	40% calories from total fat*
PROTEIN	1.6g	11% calories from protein
CARBOHYDRATES	6.9g	49% calories from carbohydrates
CHOLESTEROL	0mg	
SODIUM	508mg	* Serve with Beef with Rice
FIBER	1g	for a lowfat meal.
IRON	1mg	
VITAMIN A	436IU	
VITAMIN C	7mg	
ALCOHOL	0g	

Source: Commodity Cooking - USDA



## Tuna Salad Supreme

*Serves 4*

Prep :10

Cook :20

Stand :30

Total 1:00

Easy

2/3 cup macaroni, uncooked  
 1 6 oz. can light tuna in water, drained  
 1/2 cup cheese, cubed  
 1/2 cup celery, diced  
 1/4 cup onions, chopped  
 1/4 cup green bell peppers, diced  
 1/4 cup mayonnaise  
 1/4 cup mock sour cream  
 2 tablespoons vinegar

Cook macaroni; drain and rinse in cold water. Toss macaroni, tuna, cheese, and vegetable. Blend mayonnaise, sour cream, and vinegar. Fold into macaroni mixture. Cover and chill.

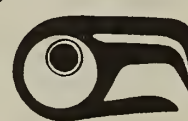
### Nutrition (per serving):

**258 calories**

SATURATED FAT	4.2g	
TOTAL FAT	12.3g	43% calories from total fat*
PROTEIN	19.0g	29% calories from protein
CARBOHYDRATES	17.9g	28% calories from carbohydrates
CHOLESTEROL	22mg	
SODIUM	307mg	
FIBER	1g	
IRON	2mg	
VITAMIN A	242IU	
VITAMIN C	7mg	
ALCOHOL	0g	

\* Serve with fresh or canned fruit for a lowfat meal.

Source: Commodity Cooking - USDA





## Peggy's Fry Bread

*Serves 5*

Prep :15

Cook :30

Stand :30

Total 1:15

Easy

2 1/4 cups flour  
 1 1/2 teaspoons baking powder  
 1/2 teaspoon salt  
 1 tablespoon instant nonfat dry milk  
 3/4 cup warm water  
 1/2 cup vegetable shortening

Mix fry ingredients together in a mixing bowl. Stir in warm water. Mix and knead with hands for about 5 minutes until a soft dough forms. Dough will be easier to shape if at this point you let it stand for about 30 minutes. Then pinch off a piece of dough approximately the size of a lemon. Roll into a smooth ball. Pat ball between hands into a flat circle about 3/4 inch thick. Now pull on the edges in a circular motion, keeping turning and pulling at the dough so it stretches to the size of a saucer. Flip vigorously back and forth between palms so it gets thinner and flatter. When it is about 8 inches across, stop; patch up any holes. Repeat process with rest of dough. Then heat about 1/2 cup oil in a hot skillet. Fry dough circles one at a time, dropping carefully into the hot fat. The dough will brown quickly and puff up. Turn and brown other side. Remove from skillet and drain on paper towels. If needed, add more oil as you fry. The thinner the dough is, the crisper and better it will turn out.

### Nutrition (per serving):

**391 calories**

SATURATED FAT	3.2g	
TOTAL FAT	21.0g	48% calories from total fat*
PROTEIN	6.3g	6% calories from protein
CARBOHYDRATES	44.0g	45% calories from carbohydrates
CHOLESTEROL	0mg	
SODIUM	353mg	* For a lowfat meal, serve with
FIBER	0g	Spicy Chili Beans or Quick Baked
IRON	1mg	Beans.
VITAMIN A	35IU	
VITAMIN C	mg	
ALCOHOL	0g	

Source: Commodity Cooking - USDA



## Wheat Banana Bread

*Serves 12*

Prep :15

Cook :55

Stand :10

Total 1:20

Easy

- 1 cup all-purpose flour
- 3/4 cup whole wheat flour
- 2/3 cup sugar
- 3 tablespoons brown sugar
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon baking soda
- 1/2 cup vegetable shortening
- 1 cup ripe bananas, mashed (about 2 bananas)
- 2 each large eggs, slightly beaten

Preheat oven to 350 degrees. Grease and flour 9" by 5" loaf pan. In large bowl, with fork, mix first 7 ingredients, cut in shortening until mixture resembles coarse crumbs. With fork, stir in bananas and eggs just until blended; spread batter evenly in pan.

Bake in oven 50-55 minutes or until toothpick inserted in center comes out clean. Cool in pan for 10 minutes; remove from pan and cool completely on rack.

### Nutrition (per serving):

**224 calories**

SATURATED FAT	1.6g	
TOTAL FAT	9.7g	39% calories from total fat*
PROTEIN	3.3g	6% calories from protein
CARBOHYDRATES	30.8g	55% calories from carbohydrates
CHOLESTEROL	35mg	
SODIUM	158mg	
FIBER	0g	
IRON	1mg	
VITAMIN A	68IU	
VITAMIN C	2mg	
ALCOHOL	0g	

\* For a lowfat snack, serve with a chilled glass of nonfat milk.

Source: Linda Adamson, Nevada





## Tohono O'Odham Cornbread

*Serves 8*

Prep :15

Cook :25

Stand :00

Total :40

Easy

- 1 cup stone-yellow cornmeal
- 4 teaspoons baking powder
- 1/4 cup regular nonfat dry milk
- 1/2 teaspoon salt
- 1 1/4 cups milk
- 1 16 oz. can kernel corn
- 1 cup all-purpose flour
- 1/4 cup sugar
- 1 4 oz. can canned diced mild green chilies
- 1/4 cup dry egg mix
- 1/4 cup vegetable shortening, melted

In a large bowl mix cornmeal, flour, baking powder, dry milk, sugar, salt, green chili, drained kernel corn and egg mix. Add milk and fat, stir just until mixed. Fill a greased baking pan half full and bake at 400 degrees for 25 minutes or until golden brown and serve; butter when warm.

### Nutrition (per serving):

**294 calories**

SATURATED FAT	1.9g	
TOTAL FAT	8.5g	26% calories from total fat
PROTEIN	7.2g	10% calories from protein
CARBOHYDRATES	47.1g	64% calories from carbohydrates
CHOLESTEROL	6mg	
SODIUM	919mg	
FIBER	1g	
IRON	1mg	
VITAMIN A	347IU	
VITAMIN C	15mg	
ALCOHOL	0g	

Source: Flora Manuel, Tohono





## Apple-Raisin Bread

*Serves 14*

Prep :15

Cook :40

Stand :00

Total :55

Easy

3 cup all-purpose flour  
 2 1/2 cups sugar  
 1/4 cups vegetable oil  
 4 eggs, or powdered egg equivalent, beaten  
 1 teaspoon ground cinnamon  
 1/2 teaspoon salt  
 1/2 teaspoon baking soda  
 1 teaspoon ground cloves  
 1/2 teaspoons baking powder  
 1/2 cups applesauce  
 1/2 cup raisins

Heat oven to 350 degrees.

Grease 1 loaf pan and set aside.

Beat all ingredients together. Stir in applesauce and raisins last. Pour mixture into prepared loaf pan and bake for 35 or 40 minutes until done.

### Nutrition (per serving):

476 calories

SATURATED FAT	2.8g	
TOTAL FAT	21.3g	40% calories from total fat*
PROTEIN	4.8g	4% calories from protein
CARBOHYDRATES	66.3g	56% calories from carbohydrates
CHOLESTEROL	61mg	
SODIUM	402mg	
FIBER	0g	
IRON	1mg	
VITAMIN A	95IU	
VITAMIN C	1mg	
ALCOHOL	0g	

\* For a lowfat snack, serve with a chilled glass of nonfat milk.

Source: Josie Briseno, SCTCA



## Fruit Cocktail Cake

*Serves 6*

Prep :15

Cook :30

Stand :00

Total :45

Easy

1 1/4 cups flour  
 1 teaspoon salt  
 1 16 oz. can chunky fruit cocktail, drain and reserve 1/4 cup juice  
 1/4 cup dry egg mix  
 1/4 cup water  
 1/4 cup firmly packed brown sugar  
 1 teaspoon baking soda  
 1 cup sugar  
 1 teaspoon vanilla  
 1/2 cup chopped walnuts

Stir together the flour, soda, salt and sugar.

Blend the dry egg mix with the water.

Add fruit, juice, vanilla and egg mixture and stir until just blended.

Pour batter into a greased and floured 6x12" pan.

Combine brown sugar and nuts and sprinkle over batter.

Bake at 350 degrees for 25-30 minutes.

### Nutrition (per serving):

235 calories

SATURATED FAT	.6g	
TOTAL FAT	6.5g	16% calories from total fat
PROTEIN	4.6g	5% calories from protein
CARBOHYDRATES	73.0g	79% calories from carbohydrates
CHOLESTEROL	0mg	
SODIUM	543mg	
FIBER	1g	
IRON	1mg	
VITAMIN A	470IU	
VITAMIN C	3mg	
ALCOHOL	0g	

Source: SPIPA Cookbook



## Madeline's 6 Cup Delight

*Serves 10*

Prep :10

Cook :00

Stand :00

Total :10

Easy

- 1 16 oz. can chunky fruit cocktail
- 1 16 oz. can canned pineapple
- 1 cup cool whip, lite
- 1/2 cup shredded coconut
- 1 cup miniature marshmallows
- 1/2 cup pecan pieces, optional

Mix everything in a bowl and cover and allow to set overnight to blend the flavors.

### Nutrition (per serving):

**115 calories**

SATURATED FAT	1.8g
TOTAL FAT	5.7g
PROTEIN	.9g
CARBOHYDRATES	15.1g
CHOLESTEROL	0mg
SODIUM	15mg
FIBER	1g
IRON	0mg
VITAMIN A	286IU
VITAMIN C	5mg
ALCOHOL	0g

44% calories from total fat\*  
3% calories from protein  
53% calories from carbohydrates

\* Serve this dessert after a lowfat meal such as Spicy Chili Beans.

Source: Madeline Hawkins, Sherwood Valley





## COMMODITY SOURCES OF IMPORTANT NUTRIENTS

### IRON - To prevent anemia

Spinach  
Cereals  
Farina  
Dry Beans

Egg Mix  
Beef  
Pork  
Luncheon Meat

### CALCIUM - For strong bones and teeth

Non-fat Dry Milk  
Evaporated Milk

Cheese  
Spinach

### VITAMIN A - Important for eyes and night vision

Non-fat Dry Milk  
Cheese  
Sweet Potatoes  
Carrots  
Spinach

Egg Mix  
Tomatoes  
Tomato Juice  
Tomato Sauce

### VITAMIN C - Necessary for teeth and bones, promotes healing

Grapefruit Juice  
Orange Juice  
Grape Juice

### PROTEIN - To build and maintain all body tissues

Beef  
Pork  
Chicken  
Tuna  
Salmon  
Meatball Stew

Cheese  
Evaporated Milk  
Non-fat Dry Milk  
Egg Mix  
Dry Beans, Peas & Lentils  
Peanut Butter  
Peanuts

## DIETARY FIBER

We hear about fiber all the time these days. What is fiber? Why is it important? Dietary fiber is nondigestible material from plants. Vegetables, fruits and whole grains are sources of fiber. Fiber helps move foods quickly through the intestines and out of the body. It helps prevent constipation and keeps the digestive tract healthy.

Americans now eat only about 10-20 grams of fiber each day. Populations that consume diets with twice that amount of fiber have lower rates of colon and rectal cancer. That's why the National Cancer Institute recommends that Americans increase dietary fiber to 25-35 grams per day.

To get more fiber in your diet, eat several servings of fiber-rich foods. Fruits, vegetables, peas, beans, whole grain breads and cereals are good fiber sources. The skins of fruits and vegetables are high in dietary fiber. Foods such as potatoes, apples, pears, and peaches are good sources.

### FIBER FOODS TO CHOOSE MORE OFTEN -

#### WHOLE GRAIN PRODUCTS

Bakery products, including whole-wheat crackers, bran muffins, whole-grain breads and high-fiber cereals

#### ALL FRUITS AND VEGETABLES

Fruits, including apples, pears, apricots, bananas, berries, cantaloupes, grapefruit, pineapple, oranges, prunes, and raisins

Vegetables, including carrots, potatoes, corn, cabbage, green beans, green peas, spinach, and sweet potatoes

Dry peas and beans such as pinto, kidney, great northern, lima, lentils, and split peas



## HOW MANY CALORIES DO I NEED ???

It's not too difficult to calculate the number of calories you should take in each day in order to gain, lose or maintain your weight. This chart explains caloric needs for different activity levels in "calories per pound". The three examples demonstrate the use of the chart.

### YOUR CURRENT WEIGHT STATUS

### YOUR DAILY ACTIVITY LEVEL

	NOT MUCH	MODERATE	VERY ACTIVE
Overweight	9.1	11.4	13.6
Normal Weight	13.6	15.9	18.2
Underweight	15.9	18.2	20.5

**EXAMPLE 1** - You are a little bit overweight, and you don't get much exercise. Your current weight is 150 pounds. In order to calculate the number of calories you need, multiply 150 times 9.1, and you'll find that the number of calories you need is 1,365. If you limit your calories to 1,365, you should lose weight.

**EXAMPLE 2** - You are just the right weight, and you exercise every day after work. Your current weight is 150 pounds. In order to calculate the number of calories you need, multiply 150 times 15.9, and you'll find that the number of calories you need is 2,385. If you take in 2,385 calories per day, you should maintain your weight.

**EXAMPLE 3** - You are underweight, and you work at a very physical job. Your current weight is 150 pounds. In order to calculate the number of calories you need, multiply 150 times 20.5, and you'll find that the number of calories you need is 3,075. If you take in 3,075 calories per day, you should gain weight.





## WEIGHT LOSS

Fatness is caused by consuming more calories than one needs over a period of time. Although the calories may have come from steaks, bread, milkshakes or candy bars, it is more likely that the extra calories came from an assortment of foods. No one food is "fattening". Any food can be fattening if the calories in that food push your total calorie intake over what you really need. The best diet for weight loss is a balanced diet which does not include foods such as candy, fats or soft drinks which are concentrated sources of calories. Quantities of foods in all of the food groups can be reduced without seriously affecting the other nutrients that you need. When you're overweight, it's because your eating habits are less than optimal, and everyone knows that eating habits are not easy to change. The change takes time, and requires a lot of effort. Overeating is unhealthy because it can lead to obesity, diabetes, high blood pressure and heart disease. Avoiding those illnesses is worth every effort!

### WEIGHT LOSS SUGGESTIONS

1. Write down what you eat each day so you are aware of what you eat. Think twice about whether you'd be embarrassed to record any food items.
2. Don't skip meals. When you skip meals, you allow your appetite to build to the point where you end up eating too much.
3. Eat slowly. Give your appetite center a chance to turn off during the meal instead of eating quickly and feeling uncomfortable after the meal.
4. Go shopping after you've eaten and you'll be less likely to be tempted by high calorie foods.
5. Pay attention to what you eat. Don't eat while you're watching television or talking on the phone.
6. Reward yourself for not overeating by doing something besides eating that is fun for you.
7. **EXERCISE !!!** Adding exercise to your lifestyle when you're overweight is likely to result in decreased appetite. Any exercise is better than none. You don't have to be an athlete to go walking or swimming three times a week.

Don't try to make sweeping changes in eating or exercise patterns. Since you are trying to make changes that will last for the rest of your life, you may as well adapt to them slowly and comfortably. If you attempt changes that are too difficult, you won't want to continue them. Good Luck !!!

## DIABETES AND AMERICAN INDIANS

Diabetes means having too much sugar in the blood. Blood sugar comes from all foods, not just sweet foods. Some people cannot get their blood sugar stored in their cells and muscles, so their blood sugar gets high. People with high blood sugar have diabetes. Diabetes is a dangerous illness, but some people don't have symptoms until their eyes, nerves and circulation have been damaged. Fortunately, high blood sugar can be controlled.

Diabetes is a major health problem for Indian adults. The high rate of diabetes among Indians is a result of changes in ways of eating and exercise. Elders remember times when people gathered and hunted food. The traditional Indian diet elders remember was low in fat and very healthy. People also walked a lot. Now diets are high in fat and calories and people drive rather than walking.

People are more likely to get high blood sugar if they are overweight, inactive, have relatives with high blood sugar, or had high blood sugar during pregnancy. When people with high blood sugar lose weight or exercise, their blood sugar can be brought under control. People can lose weight by eating fewer fat foods, eating fewer sugar foods and drinks, and eating smaller portions of all foods. Exercise helps control blood sugar by burning calories. Walking is excellent exercise. It's better to exercise once a week than not at all.

The best diet for people with high blood sugar is low in fats and sweets. It's the same kind of diet that's healthy for everybody, but it's more important for diabetics to eat a healthy diet. There's no reason why the whole family can't eat the same healthy diet that the diabetic eats. In a family with a diabetic parent, the children might get diabetes someday, so it's a good to get them started on healthy eating when they're young. High blood sugar can be controlled. Making changes in eating and exercise habits is not easy, but it's worth it. Diabetes is a dangerous illness when high blood sugar is not controlled.





## WESTERN REGION NATIVE FOODS

TRADITIONAL NATIVE FOODS CONSUMED IN PAST -	
Colville	Venison, Salmon, Corn, Ferns.
Nez Perce	Smoked & dried Venison, Elk & Salmon, Roots, Huckleberries.
Umatilla	Venison, Bear, Fish, Rabbit, Duck, Geese, Grouse, Eel, Wild Potatoes, Indian Celery, Moss.
Warm Springs	Venison, Salmon, Elk, Bear, Roots.
Southern Cal.	Venison, Rabbit, Collard Greens, Acorns, Mushrooms, Fry Bread, Tortillas.

NATIVE FOODS RECIPES -	
Colville	Venison or elk with stir-fry vegetables & noodles or rice. Salmon and mixture of flour, salt & pepper for chowder.
Nez Perce	Huckleberry Pie.
Umatilla	"Luk-a-meen" - Boiled salmon with dried corn & dumplings.
Warm Springs	Salmon and cornmeal added to choke cherries which have been steamed, dried & pounded.
Southern Cal.	"Weewish" - Acorns picked in November, dried & shelled, ground into powder, washed until bitterness gone. Add 1.5 cups water to 1 cup acorn mix, cook until thick like jello

METHODS OF GATHERING NATIVE FOODS -	
Colville	Roots gathered by different methods during short harvest times of 10 - 30 days during year.
Nez Perce	Digging roots, picking berries, fishing & hunting.
Umatilla	Root diggers, gaffing hooks, bow & arrow, nets, knives, traps, hand. Nowadays, guns, and fishing poles.
Warm Springs	The "cupin" (now made of iron) is used to dig roots.
Southern Cal.	Acorns were gathered in November after they fell from trees.

NATIVE FOODS USED TODAY -	
Colville	Ten to 12 different roots are still used.
Nez Perce	All native foods are still used.
Umatilla	Venison, Fish, Wild Game, Roots, Berries, Potatoes, Corn, Eel.
Warm Springs	Venison, Salmon, Elk, Roots, Choke Cherries, Huckleberries.
Southern Cal.	Venison, Acorns, Mushrooms, Fry Bread, Tortilla, Beans.



## TRADITIONAL NORTHWEST NATIVE AMERICAN PLANT FOODS

FERNS	Sword fern, brake fern and lady fern. Roasted and peeled. Mealy center and roots eaten.
HORSETAILS	Eaten raw after peeling in spring. Roots eaten year-round.
SKUNK CABBAGE	White part roasted and eaten.
CAMAS BULBS	Cooked or boiled with salmon and eaten.
TIGER LILY	Bulb gathered in late fall, steamed and eaten.
DOCK	Leaves eaten raw or boiled especially by Chehalis Tribe.
BUTTERCUP	Roots eaten in winter months.
WOOD SORREL	Leaves eaten raw or cooked.
COW PARSNIP	Tops eaten raw in spring.
HAZELNUTS	Eaten raw or roasted. Called "aq'Buz" by Squaxin, "K'apuxwai" by Skokomish.
ACORNS	Roasted in fire and eaten. Favorite of Squaxin.
INDIAN PLUM	Eaten fresh.
OREGON GRAPE	Berries eaten raw or boiled. Squaxin ate them but the Chehalis didn't.
ROSE HIPS	Eaten fresh. Squaxin ate them but the Chehalis didn't.
BERRIES	Serviceberry, elderberry, blackcap, blackberry. Eaten fresh by all tribes.
THIMBLEBERRY	Berries eaten fresh, and plant sprouts eaten in spring.
GOOSEBERRY	Eaten fresh or stored for later consumption.
SALMONBERRY	Eaten fresh, not dried. Sprouts eaten with dried salmon.
SALAL BERRIES	Dried in 10-15 pound cakes and coated in oil for storage and later consumption.

(adapted from Erna Gunther's Ethnobotany of Western Washington, 1945.)

## SAFE FOOD HANDLING

### STORE & THAW SAFELY

Refrigerate or freeze meat and poultry the minute you get home from the store. Most foodborne bacteria can only grow slowly if at all at 40 degrees F, a safe refrigerator temperature. Freezer temperatures of 0 degrees F STOP bacterial growth.

Thawing food on the counter is risky because foodborne bacteria can multiply rapidly at room temperatures. Thaw in the refrigerator or microwave. When you thaw food in the microwave, cook it right away.

### COOK THOROUGHLY

Cooking food all the way through is the single best protection you have against foodborne illness. Of course, you don't want tough, dried-out meat.

Use the temperatures in the chart (right) for safe, juicy results.

When you're not using a thermometer, look carefully at meat products before you serve them. Ground meat and poultry should be gray in the middle. For whole birds and poultry pieces, the juices should run clear.

For larger sized red meats like roasts, the surface should be well browned, but they may look slightly pink in the middle. However, if you have cut into the meat with a knife (scoring) or poked it with a fork to tenderize it, exposing the interior to bacteria, cook the meat to medium or well done.

Why can larger, unpierced cuts of red meat be pink in the center while ground meats can't? Ground meats receive so much grinding that surface bacteria can get mixed into the center. Therefore they must be cooked all the way through. Larger cuts of red meat do not usually present those risks.

### DON'T SPREAD BACTERIA IN THE KITCHEN!

Keep raw meat, poultry and their juices away from other food.

- For example, don't chop salad vegetables on a cutting board where you've just trimmed raw meat or poultry.
- At the grill, take a clean platter out to serve cooked meat, not the "bloody" platter you took them out of the grill on.

ALWAYS wash your cutting board, utensils, counter, sink and hands with hot, soapy water after contact with raw meat or poultry.





## HANDLING LEFTOVERS

Bacteria and other pathogens are always ready to endanger your food. Perishable food must be kept HOT (140 degrees F or above) or COLD (40 degrees or lower) to keep them from taking over.

Refrigerate leftovers within 2 hours after cooking or serving. Divide leftovers into small refrigerator dishes for safe, quick cooling. Discard anything left out too long.

## COOKING TEMPERATURES

### PRODUCT

### FAHRENHEIT

#### Fresh Beef, Veal, Lamb

Ground products, like hamburger (prepared as patties, meat loaf, meatballs, etc.)	160
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#### Roasts, steaks and chops

Medium Rare	145
Medium	160
Well Done	170

#### Fresh Pork

All cuts, including ground product	
Medium	160
Well Done	170

#### Poultry

Ground chicken, turkey	165
Whole chicken, turkey	
Medium, unstuffed	170
Well Done	180
Whole bird with stuffing (stuffing must reach 165 degrees)	180
Poultry breasts, roasts	170
Thighs, wings	Cook until juices run clear

#### Ham

Fresh (raw)	160
Fully cooked, to reheat	140







# FOOD GUIDE TEEPEE

## A Guide to Daily Food Choices



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